

Vietnam Servicemen
(1957 to 30 Apr 1975)

Adams, Stephen Jr. ✓ Heber

Allbee, Robert D. ✓

Anderson, Clair P ✓

Applegate, Averett, Kent ✓

Wm Joe Lee ✓ Azlin, Robert C ✓

Midway

Baker, Dale ✓

Bartell, Robert ✓

Bates, Arthur T ✓

Beckendorf, Harold Jr ✓

Bender, Larry ✓

Blake, Phillip T ✓

Burbidge, James V ✓

Heber

Wallsburg

Heber

Carlisle, Robert Elmo ✓

Carlson, Nile D ✓

Casper, Dallas D ✓

Chatwin, Maurice C ✓

Christensen, Neil ✓

Clegg, Gary ✓

Clegg, Thomas ✓

Coleman, Guy L. ✓

Coleman, Tom C ✓

Crook, Curtis ✓

Midway

Davis, Billie Jay ✓

Davis, Brent ✓

Davis, Gary R ✓

Davis, Joseph Robert ✓

Davis, Val ✓

Dean, Nolan K ✓

Donaldson, Daniel F ✓

Duke, William ✓

Elliott, Gaylen ✓

Etsitty, Thomas ✓

HEIGHT
(with shoes on)
2-inch heels

WOMEN*

Feet	Inches	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
4	10	42-45	44-49	47-54
4	11	43-46	45-50	48-55
5	0	44-47	46-51	50-57
5	1	45-49	47-53	51-58
5	2	46-50	49-54	52-60
5	3	48-51	50-55	54-61
5	4	49-53	51-57	55-63
5	5	50-54	53-59	57-65
5	6	52-56	55-61	59-66
5	7	54-58	56-63	60-68
5	8	55-59	58-65	62-70
5	9	57-61	60-67	64-72
5	10	59-64	62-69	66-74
5	11	61-65	64-70	68-76
6	0	63-67	65-72	70-79

2. Determining Caloric Needs:¹

Weight Reduction	20 Calories/kg.
Sedentary	25 Calories/kg.
Light Activity	30 Calories/kg.
Moderate Activity	35 Calories/kg.
Marked Activity	40 Calories/kg.

*add 300 cal
for preg &
add 500 for lac-
tation*

3. Determining Carbohydrate, Protein and Fat:

- a. Carbohydrate: 40-60% of total calories usually 50%). For patients with hyperlipoproteinemia Type IV, use 40-45% of total calories as carbohydrate. There are 4 calories/gram of carbohydrate.

50% of tot. Cal

÷ 4

_____ Calories _____ Grams

*Weights given in kilograms.

Metropolitan Life Insurance Co. (used by permission)

2 - Vietnam Vets

Farrell, Steven B ✓
Farrell, William H ✓
Famer, Wayne H ✓
Fieldsted, Lonnie ✓
Fillmore, David M ✓
Ford, Larry ✓
Fortie, Neil ✓

Gates, Dan A ✓
Gertsch, Duane R ✓
Giles, Steven ✓
Gurule, Steven ✓

Hardman, Guy ✓
Hardman, Jeffery ✓
Hauter, Hylton ✓
Higgo, Allen Lance ✓
Hoffheins, Don ✓
Huber, Elmo ✓
Huber, Frank E ✓
Huber, LeRoy ✓
Huber, Mark S ✓
Hunley, Robert T ✓

Jensen, Darrell L ✓
Johnson, Emory R ✓
Jordan, George R ✓

Lindsay, Brent (killed) ✓
Lindsay, David (wounded) ✓
Loertscher, Leslie R ✓

DIET AND DIABETES MELLITUS

Jill Carlston, R.D.

- I. Diet Therapy Goals (See pp. 4-6 "A Guide for Professionals")
- II. Using the Exchange Lists for Meal Planning —
 - A. "Exchange Lists" introduced in 1950 by the American Diabetes Association, Inc. and The American Dietetic Association to simplify and standardize dietary calculation and administration (see p. 1 "A Guide for Professionals")
- III. Calculating a Diabetic Diet
 - A. Method 1:
 1. Height and Weight: Determine ideal body weight using the following table:

HEIGHT (with shoes on) 1-inch heels		<u>MEN</u> *		
Feet	Inches	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
5	2	51-55	54-59	57-64
5	3	52-56	55-60	59-65
5	4	54-57	56-62	60-67
5	5	55-59	58-63	61-69
5	6	56-60	59-65	63-71
5	7	58-62	61-67	64-73
5	8	60-64	63-69	67-75
5	9	62-66	65-71	69-77
5	10	64-68	66-73	70-79
5	11	65-70	68-75	72-81
6	0	67-72	70-77	75-84
6	1	69-74	72-80	76-86
6	2	71-76	74-82	79-88
6	3	73-78	76-84	81-90
6	4	75-80	78-86	83-93

*Weights given in kilograms.

Metropolitan Life Insurance Co. (used by permission)

Madsen, James M ✓
Maez, Anthony (wounded) ✓
Maddox, Steven J ✓
Mahoney, Larry E ✓
Mair, Ray ✓
Marsh, Robert R ✓
Mikelson, Calvin G. ✓
Montoya, Roy L ✓
Moulton, Craig ✓
Moulton, Sidney J ✓
Muir, Clyde G. ✓
Murdock, Steven B ✓

Nicol, Steven ✓
North, Larry C ✓

Parks, David A ✓
Potter, Mickey E ✓
Price, Michael J ✓
Provost, Paul ✓
Provost, William R ✓

Richardson, Ronnie D ✓

Shumway, Clark ✓
Simmons, Craig J ✓
Smith, Steven D ✓
Snider, Kenneth E ✓
Springer, Richard ✓
Sweat, Lew R ✓
" Phil H ✓
Sweatfield, Robert ✓
" William ✓

III. Complications of Insulin Therapy

A. Hypoglycemia, its causes and prevention

*Too little food
Too much insulin.*

B. Cutaneous reactions, lipodystrophies, etc.

*atrophy of injection sites
hypertrophy - moles
BB Fluid shifts - blurred vision + edema of feet.*

C. Generalized reactions and insulin resistance

allergy. anaphylactic edema, urticaria, shock,

*CC Errors in adm. - broken needles, loss of insulin, abscess, allergy to
contaminant*

D. Edema and rare problems

DD Irregular insulin absorption.

E. Insulin needs in pregnancy and surgery

Insulin resistance = $\frac{\text{need}}{200 - 1000 \text{ u/d}}$

*R: Mono-component
Pork Insulin
Sulfated Insulins*

References: Waife, S.O., Diabetes Mellitus, Eli Lilly Co., 1973.

Skillman, T.G., et.al., Diabetes Mellitus, Upjohn Co., 1977.

Laron, Z., editor, Diabetes in Juveniles,
Modern Problems in Pediatrics, Vol 2, 1975.

Todd, David R ✓

Tucker, Neil ✓

Turner, Melvin D ✓

Turnbow, Randy ✓

Wall, John ✓

Wardell, James ✓

Webb, Allen D ✓

Welch, Blaine (Killed) ✓

Whiting, Kirk Albert ✓

Wilson, George J ✓

Wilson, Howe R ✓

Wootton, Scott D ✓

Wright, Kent E ✓

Young, Dee J ✓

Zupan, Terry ~~Er~~ ✓

II. Insulin in Treatment of Diabetes Mellitus

- A. Goals of insulin therapy *maintain normal body metabolism & therefore growth & wt.*
maintain blood glucose level.
avoid insulin deficit.

B. Single versus multiple dose therapy

Henrich says } *Lean adults - 30 u./d.*
obese " up to 120 u
child 0.5-1.0 u/kg/d. = note.

C. Estimating insulin needs

- (1) NPH or lente - *hope.*
- (2) Reg + NPH where NPH is effective at night.
- (3) Ultra lente one small + 3 Reg shots at mealtimes.

D. Variations in response to insulins

Early versus late reactors

Day to day variation

E. Honeymoon phase of juvenile-onset diabetes mellitus

several wk. to mos.
Less insulin required after he gets home.
They still make some insulin but finally become totally dependent.

F. Somogyi effect and "brittle" diabetes

Causes = Sudden swings or poor control
Adm. in fibrofatty areas.

(1) Irregular food intake or decrease.

(2) Inapparent Infection.

(3) Endocrine imbalance.

(4) Thyrotoxicosis -

(5) Emotion disturbances

most common
↓
caused by
anti-insulin
hormones -

— hypoglycemia followed by hyperglycemia.